

# Caring Thoughts



## Five Years of tears

By: Janet Muller Benway

What is the sound of one heart breaking?

What is the toll patiently making a  
life alone?

The calendar marks the date of death.

When you took your final breath.

Seasons pass, and tears do dry,

And so I cease to question why

The universe swept you away.

You're gone. I face a newborn day

With hope, with courage, with grateful heart

That of my life you were a part.

Five years is a long, long time to cry.

Happier now, I release you with a loving sigh.

Spring 2010

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"In life's arena,

Our struggle is to survive  
battles we don't choose. "

Haiku by Diantha Ain

Some articles are taken from  
Bereavement Magazine,  
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Colorado Springs, CO 80918  
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(800) 604-4673

# A new Season, A new way of seeing

**By: Darcie D. Sims, Ph.D.**

Spring is the season of shifting, sorting, and cleaning house. Spring brings with it a sense of renewal, a sense of wanting to lighten the load, clear the air, and simplify life. It's a time to clear away the baggage of winter.

When tulips bloom, trees bud, and the garden begins to awaken, there comes a change of perspective. We may be able to see a new light, and a new vision, with a clarity that can only be borne in the fires of loss. We can now go back to who we were, but we can establish a new sense of self as we work through our grief. We can create a new "normal" as we learn to adapt to the changing demands of grief. We can get through this time of sorrow.

We simply learn to look at things differently in the early light of spring. The death of a loved one teaches us to embrace the moments of our life rather than waste them in search of tomorrow.

The time to say *I love you* is now. The time to settle the argument is now. The time to give a hug, kiss, handshake is now. The time is now, and now I want to take the time. Funny how that works. When you have too little time, it seems an impossible task to grab more. When you have too much, it seems an impossible task to spend it.

The time to live is now. I want to live my life with as few regrets as possible. So, from now on, I'm going to:

- Tell people I love them, now.
- Open all presents, now
- Eat chocolate once a day.
- Give up being guilty.
  - Dance more.
  - Read more.
- Listen more, talk less.

## Books of Healing and Hope!

### **Thoughts for the lonely nights**

By: Doug Manning

A reflection book to allow yourself to let the tears out and heal. With questions to ponder and a space for writing your own thoughts.

### **A Broken Heart still beats**

By: Anne McCracken

A book about personal grief.

Suggested reading for children dealing with loss.

### **From Here to there**

By: Ben Keckler

A journey of a young person struggling with the loss of his father.



### **SUPPORT GROUP**

The hospice department would like to extend a helping hand in healing. There will be a monthly support group for grief and loss. The first meeting will be held Monday, March 15, 2010 at 6:00p.m at the Grant Regional Hospital. The meeting will be held in the Monroe Conference room. Please enter the hospital at the E1 Entrance. Everyone Welcome.

### **DAY OF REMEMBRANCE**

Come and honor the lives of those we loved and lost. There will be a candle lighting and service at the Lutheran Church (located by the Lancaster community park). The service will be held May 11, 2010 at 6:30 p.m. Please watch for your invitation.

## *Upcoming Events...*

### **National Volunteer Week**

**April 18-24**

#### **Theme: Celebrating People in Action**

National volunteer week is a time of celebration and inspiration. This is the time to honor the individuals who take action year round to strengthen their communities.

- In 2008, an estimated 1.45 million patients receive services from hospice.
- There are currently over 4,850 national hospice programs.
- In 2008, 550,000 hospice volunteers provided 25 million hours of service.
- An average volunteer devoted 46.8 hours of service over the course of the year.
- The hospice volunteers made an average of 20 visits to each patient.

\*\* Information provided by the National Hospice and Palliative Care Organization



The more you lose yourself in Something bigger than yourself the more energy you will have.

*\*Norman Vincent Peale\**

**If you are interested in  
being a volunteer  
please call 723-6416.**

### **HFA's 17th Annual Bereavement Teleconferences**

#### **Cancer and End-of-Life-Care**

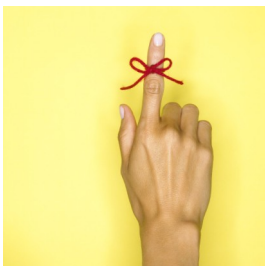
This free conference will be broadcast on Wednesday, March 24, 2010 from 1:30 p.m.- 4:00 p.m. at the Grant County Youth and Ag Building located on the fairgrounds in Lancaster.

The teleconference will explore the most current information on Living with grief: Cancer and End-of-Life Care. Understanding the complexities of working with people with end stage cancer, including family transitions. A particular focus will be on the range of physical, psychological and spiritual reactions that people deal with as a Cancer patient. The program will be useful to a range of professionals as well as helpful to individuals who offer support on loss, grief, dying, or death.

Continuing Education available. Low-cost continuing education is available for nurses, social workers, case managers, funeral directors, clergy and others. There is a \$25.00 online processing fee per certificate, per participant, or \$35.00 via mail.

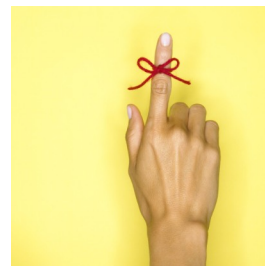
It is open to the public but registration is preferred. For more information, call Grant County Hospice at (608) 723-6416.





## IN MEMORY

Memorial contributions and donations enable us to extend comfort, care, and support to other patients and their families. We are Grateful!



In Memory of Marlyn VanNatta  
His Family  
McGraw-Hill Publishing Employees  
Patricia Kliebenstein

In Memory of Dottie Kendall  
Western Wisconsin Technical  
College of Lacrosse

In Memory of Francis Hurley  
Barbara Hurley

In Memory of Jim Hoehl  
Brian, Jason, Daniel & Carol Kopp

In Memory of Susan Richter  
Reed & Rebecca Trefz

In Memory of David Olsen  
Randi Olsen

In Memory of Dottie Kendall  
Doug & Cindy Knoble

In Memory of Janet Blum  
Her Family  
Delores Jensen

In Memory of Sharon Martin  
Her Family

In memory of Shirly Raisbeck  
Robert and Julie Jackson

In Memory of Mary Lang  
Lyle Lang

In Memory of  
Chester Dziekanowski  
Susan Dziekanowski

Memorial Donations:  
Lancaster Care Center  
Lancaster Auto Body, LLC  
Dave Thole  
Women of ELCA  
St. Peter Lutheran Church  
Mary Eckstein  
Southwest Health Center Hospice

## THANK YOU !!



## FEBRUARY IS RANDOM ACTS OF KINDNESS WEEK!

FEBRUARY 15-21

Numerous scientific studies show that acts of kindness result in significant health benefits, both physical and mental. Here are some key points:

- Helping contributes to the maintenance of good health, and it can diminish the effect of diseases and disorders serious and minor, psychological and physical.
- A decrease in both the intensity and the awareness of physical pain can occur
- Helping can enhance our feelings of joyfulness, emotional resilience, and vigor, and can reduce the unhealthy sense of isolation.
- The health benefits and sense of well-being return for hours or even days whenever the helping act is remembered.
- Stress-related health problems improve after performing kind acts. Helping reverses feelings of depression, supplies social contact, and decreases feelings of hostility and isolation that can cause stress, overeating, ulcers, etc. A drop in stress may, for some people, decrease the constriction within the lungs that leads to asthma attacks.
- Regular club attendance, volunteering, entertaining, or faith group attendance is the happiness equivalent of getting a college degree or more than doubling your income.

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